

# New Year's Resolution

wake up  
countdown  
pretty  
whatever

diet  
smarter  
decided

friends  
eighteen  
read

buffet  
yesterday  
drank

ten  
Interesting  
pizza

water  
pasta  
six



Happy New Year, Jane!



Thanks! Tom. Happy New Year to you too.



How did you celebrate the new year?



I \_\_\_\_\_ to start the year off at home on a quiet note. I wanted to \_\_\_\_\_ feeling good and ready for the new year.

How about you?



Oh! You are \_\_\_\_\_ than I am. I went out with a few \_\_\_\_\_, we went to a \_\_\_\_\_ party. It was a lot of fun. There was a DJ and a live band. They had a big \_\_\_\_\_ with lots of great food. It was a blast but I \_\_\_\_\_ too much champagne, I didn't feel very good the next day.



So.. what is your New Year's resolution, Tom?



I joined the gym \_\_\_\_\_. I am going to lose \_\_\_\_\_ kilograms and get into the best shape of my life.



What kind of \_\_\_\_\_ are you going to go on?



I think I will try intermittent fasting. I \_\_\_\_\_ a lot about it. The best thing is I can eat \_\_\_\_\_ I want for \_\_\_\_\_ hours every day. I can eat \_\_\_\_\_ or \_\_\_\_\_ or anything I want. I need to drink a lot of \_\_\_\_\_ for the other \_\_\_\_\_ hours though.



Hmm.. interesting! So you can't eat for eighteen hours every day that sounds \_\_\_\_\_ tough.